

ABSTRACT OF THE DISCLOSURE

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Variable	Mean	SD	Min	Max
Age	34.2	10.5	18	65
Gender	1.0	0.0	0	1
Marital status	1.0	0.0	0	1
Education	12.5	1.5	9	16
Income	1.5	0.5	1	3
Occupation	1.0	0.0	0	1
Health status	1.0	0.0	0	1
Smoking status	1.0	0.0	0	1
Alcohol consumption	1.0	0.0	0	1
Exercise frequency	1.0	0.0	0	1
Stress level	1.0	0.0	0	1
Life satisfaction	1.0	0.0	0	1
Depression score	1.0	0.0	0	1
Loneliness score	1.0	0.0	0	1
Self-esteem score	1.0	0.0	0	1
Resilience score	1.0	0.0	0	1
Optimism score	1.0	0.0	0	1
Gratitude score	1.0	0.0	0	1
Forgiveness score	1.0	0.0	0	1
Empathy score	1.0	0.0	0	1
Compassion score	1.0	0.0	0	1
Kindness score	1.0	0.0	0	1
Generosity score	1.0	0.0	0	1
Patience score	1.0	0.0	0	1
Self-control score	1.0	0.0	0	1
Emotional stability score	1.0	0.0	0	1
Psychological well-being score	1.0	0.0	0	1
Life purpose score	1.0	0.0	0	1
Meaning in life score	1.0	0.0	0	1
Existential well-being score	1.0	0.0	0	1
Overall quality of life score	1.0	0.0	0	1

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